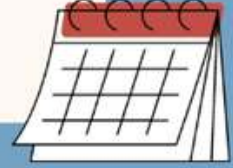




## Weekly Parent Newsletter

James McKinney Elementary School  
10451 Lassam Rd, Richmond, BC, V7E 2C2  
Phone: 604-668-6133 Early Warning: 604-668-6691  
Website: <http://mckinney.sd38.bc.ca>

Ms. Zvi, Principal & Ms. Sood, Vice Principal



### MARCH 2 - 6, 2026



#### Monday

- Rhythm Art Dance starts (whole week)



#### Tuesday

- Universal Hot lunch
- Blue and Gold Basketball Jamboree at Steveston London
- RAM Meeting at 7 pm



#### Wednesday



#### Thursday

- PAC Hot Lunch (Sushi)



#### Friday

- Rhythm Art Dance Performance

### DEAR PARENTS,

WHAT A WONDERFUL WEEK WE HAVE HAD! ON WEDNESDAY IT WAS PINK SHIRT DAY. IT WAS GREAT TO SEE ALL THE STUDENTS WEARING PINK AND LEARNING ABOUT HOW TO BE AN UPSTANDER! WE ALSO HAD A WONDERFUL ASSEMBLY. SCROLL DOWN TO SEE SOME PHOTOS!

TODAY OUR UPPER INTERMEDIATE STUDENTS HAD THE OPPORTUNITY TO SHOW OFF THEIR MUSICAL SKILLS AT THE 1<sup>ST</sup> BAND PERFORMANCE OF THE YEAR! WE ARE ALWAYS SO IMPRESSED WITH HOW MUCH THEY HAVE LEARNED IN A SHORT TIME! THANK YOU MS. ZHANG FOR PUTTING TOGETHER THIS WONDERFUL SHOW! SCROLL DOWN TO SEE SOME PHOTOS!

HAVE A GREAT WEEKEND  
MS. ZVI AND MS. SOOD

### COMING UP...

March 9

PAC Meeting

March 10

RAM meeting

March 13

PAC Movie Night

## Happy Holi



Warm wishes to the Hindu students, staff, and families celebrating Holi! Known as the Festival of Colours, Holi is a joyful celebration of spring, renewal, and the triumph of good over evil. May this vibrant day bring happiness, togetherness, and hope.

# MESSAGES FROM THE PAC & RAM



## Support for Building a McKinney Footpath/Track - Please Complete this Survey

The McKinney PAC would like to help install a footpath/track around the school fields for walking and running activities. The project would require \$10,000-\$15,000 in funds. Please take this short survey to help us understand the level of community support for building a new footpath around the fields.



Link to survey: <https://forms.gle/F4EcpCnAwY1B1p3D6>



## PAC Movie Night - Friday, March 13

Voting is currently underway (How to Train Your Dragon, Kung Fu Panda 4, Zootopia 2) and the winning movie will be announced shortly after voting closes on Feb 27. Stay tuned to find out which movie will be played!

**Note:** No Munchalunch pre-order on food items this time. A selection of snacks (popcorn, candy, etc.) will be available for cash purchase on-site. You are welcome to bring your own food but please ensure garbage is properly disposed of after the movie.

**Important reminder:** Students in attendance must be accompanied by a supervising parent/guardian. For a group of students, as long as there's one parent/guardian supervising the group, that is fine. Students without a parent/guardian present will not be permitted to stay. Thank you for your cooperation in ensuring the event runs safely and smoothly!



## Hot Lunch Orders for 2026

Don't miss out on these exciting lunch menus! To place an order, visit <http://www.munchalunch.com>. You can place an order for multiple lunches in advance! First time users will need to create an account to log in.

- ☛ Mar 5 is Fukuroku Sushi Day - Order by Feb 27, 11:59PM
- ☛ Mar 12 is Kokitchen Rice Day - Order by Mar 6, 11:59PM

## For Montessori Parents:

Our upcoming RAM meeting will take place virtually on Tuesday March 3 at 7 pm. The agenda will be emailed to families. We will keep the zoom meeting room open for 10-15 minutes afterwards for socials.

[Join Zoom Meeting \(click here\)](#)

Meeting ID: 827 5317 5067. Password: meeting

# Photos of the week



Div 11 field trip to Arts Festival at the Richmond Cultural Centre



Div 11 field trip to Arts Festival at the Richmond Cultural Centre



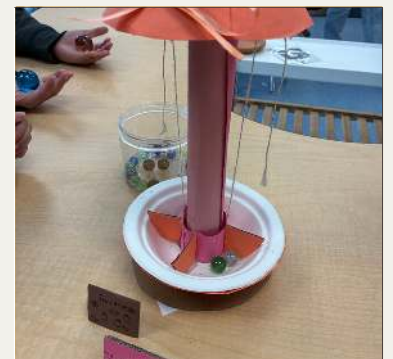
Div 11 learning about land and water forms



Div 5 project



Div 5 project



Div 5 project



Pink Shirt Day assembly





Div 7 Making Friendship Bracelets



# NURTURING YOUR CHILD'S PHYSICAL HEALTH: *SLEEP*



Only about half of BC kids say they're getting a good night's sleep 5 days per week<sup>1</sup>

<sup>1</sup>(MDI, 2023)

## Why is sleep important?

- ✓ Good sleep is important for your child's mental and physical health.
- ✓ Sleep helps children feel energized, learn better, concentrate longer, and be more creative.
- ✓ Regular, restful sleep also strengthens their immune system.
- ✓ A well-rested mind makes better decisions and manages stress more effectively.
- ✓ Regular sleep allows the body to develop, grow, and function properly.

**For most kids,  
8 PM to 7 AM is a  
good idea!**



## Sleep Guidelines:

- 9 to 11 hours of sleep per night for those aged 5–13 years
- 8 to 10 hours per night for those aged 14–17 years

## Aim for:

- Uninterrupted sleep with *consistent* bed and wake-up times
- Less than 2 *hours* of recreational screen time per day